







Summer 2002

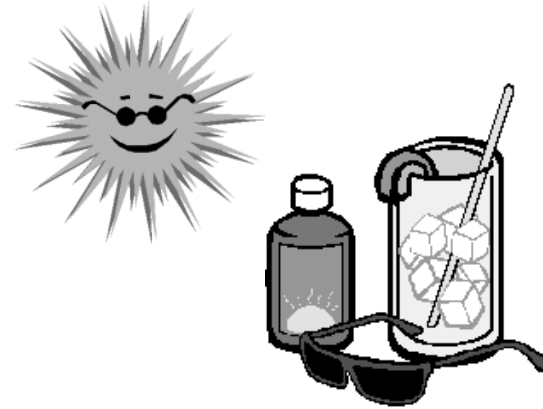


KEEPING CHIP FAMILIES INFORMED

What's inside...

-  Summer Safety Tips
-  Keep Children Insured
-  Planting a Sock
-  Important information

Summer Safety Tips



Fun In The Sun

Source: <http://www.aap.org/advocacy/archives/tanning.htm>

For Older Children:

- The best way to prevent sunburn is to cover up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays, read the product label), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and avoid the sun between 10 a.m. and 4 p.m. The risk of tanning and burning also increases at higher altitude.
- Sunscreen with an SPF (sun protection factor) of 15 should be effective for most people. Be sure to apply enough sunscreen - about one ounce per application for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Some self-tanning products contain sunscreen, but others don't, so read labels carefully. In addition, tanning oils or baby oil make skin look shiny and soft, but they provide no protection from the sun.

For Young Children:

- Babies under 6 months of age should be kept out of direct sunlight. Move your baby to the shade or under a tree, umbrella, or the stroller canopy.
- Dress babies in lightweight clothing that covers arms and legs and use hats with brims.
- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15.

Bug Safety



Source: <http://www.aap.org/family/tippslip.htm>

- Don't use scented soaps, perfumes or hair sprays on your child.
- Bug sprays to be used on children should contain no more than 10 % DEET (the active ingredient in bug sprays), because the chemical, which is absorbed through the skin, can cause harm. The amount of DEET used varies a lot from product to product, so read the label of any product you buy.
- Avoid areas where insects nest or are found, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- If your child is stung, remove the stinger by gently scraping it off with a credit card or your fingernail.

Keep Children Insured

CHIP provided insurance for 9,350 children in June 2002. Due to the current state budget crisis, state funding for CHIP could decrease. This means that fewer Montana children may be enrolled in CHIP.

Children currently covered by CHIP will not lose CHIP. Families who do not send in the renewal application in time may lose CHIP coverage for their children. If they reapply at a later date eligible children may be put on a waiting list. Children could be without insurance for a few months until a slot in the program becomes available.

To keep your children's insurance, please send in the renewal application by the date printed on your application.

Remember...



- Complete your renewal application
- Attach required documentation
- Mail by the date printed at the top of your application



Plant A Sock... WHAT?

Source: http://www.ZOOM.sci.SockSeeds_PBFKids



Materials needed:

- An old sock
- A shoe box
- Garbage bag or plastic wrap
- Potting soil
- Scissors

Instructions:

1. Check with a grown-up before you begin.
2. Joshua of Texas told us how to grow plants using socks. It's a great way

to find out what kinds of plants are growing in different areas.

3. Joshua says that the best time to do this project is on a sunny day in late summer or early fall.
4. First, find an old, fuzzy, worn-out sock that will fit over your shoe.
5. Then, wander around outside. You can do this in the city or in the country. You could go to the woods, or a nearby lot that's full of weeds. Walk back and forth through an area where plants are growing.
6. Take the sock off and examine the kinds of seeds that are stuck to the sock.
7. Now, to plant your sock, line a shoe box with a garbage bag or plastic wrap.
8. Fill the shoe box with potting soil.
9. Cut a slit down the side of your sock.
10. Then flatten your sock and plant it with the seeds pointing up. Cover it with a thin layer of soil and then water it.
11. In a week or so, the seeds should begin to sprout.
12. This is really fun to do with your friends in different environments because you get something different every time.



IMPORTANT INFORMATION



Children's Health Insurance Plan
(CHIP)
Toll Free
1-877-543-7669
(1-877-KIDSNOW)



CHIP Web Site Address
www.insurekidsnow.gov
Select Montana



CHIP Email Address
chip@state.mt.us



BlueChip
Blue Cross Blue Shield of Montana
1-800-447-7828 extension 8647